

### Crying

### Staff Refresher Training Module 2





### Agenda



**Role Playing Practice** 

#### **Video Clips of Cute Babies**

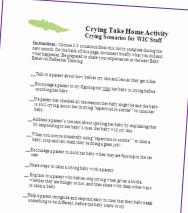


**Mystery Door Game** 



### Video Clips of Dr. Jane Talking to Moms





#### **Take Home Activity**

Source: NCAST Learning Resource Manual, Baroard, 1978.

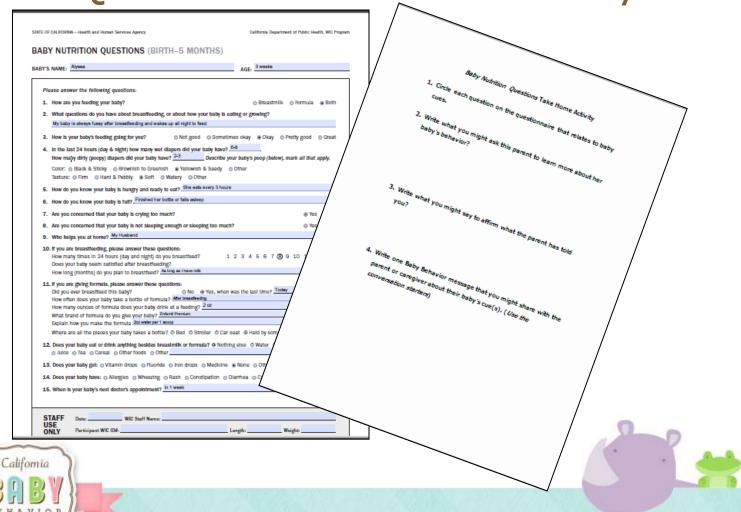
### Objectives

- 1. Identify why babies cry and why crying is stressful.
- 2. Recognize how responding to cues early can reduce crying.
- 3. Distinguish between hunger cues and other cues.
- 4. Review steps to calm a crying baby.





Review the Baby Nutrition Questions Take Home Activity



### Questions Related to Baby Cues







### Take Home Activity Review

- What questions did you ask the parent to learn more about Alyssa's behavior?
- What did you say to affirm what the parent told you?
- What Baby Behavior message did you share?





### BABIES CRY

### What to Know About Crying

- Crying is upsetting for a reason. It's a signal that the baby needs help.
- Newborns have to be fed more often and they are more likely than older babies to be hungry when they cry.
- · Watching and responding to early oues can help prevent some crying.
- · It is common for a six-week old baby to cry on-and-off for up to two hours per day.
- Babies cry less and less as they get older.



If parents start to feel angry or overwhelmed because of their baby's arying, they can put the baby down in a safe place and take a break. Encourage parents to ask a friend or family member for help.

Parents should contact their doctor if they think their baby is crying too much.







## "Why is it so stressful to hear a baby cry?"





# Crying is normal and important for a baby's survival





### Why Do Babies Cry So Much?

### 1. Babies cry for many reasons

- Babies react to unpleasant things inside their bodies
- Babies react to things in their environment

### 2. It's their way of communicating

"I need something to be different"

### 3. Responding quickly to baby's needs may result in less crying



# Responding early to a baby's cues can help prevent some crying





"By responding to your baby's cues, she will get better and better at giving you cues and letting you know what she needs. You aren't spoiling your baby, instead you are learning to communicate with each other and you are creating your own special language"





### "My neighbor says I shouldn't pick up my baby every time she fusses because I'll spoil her. Is this true?"





# Hunger Cues? or Other Cues?





# Babies cry for many reasons, not just because they are hungry





#### Reflection

Think about a situation where a parent felt the only option was to feed the baby to keep him/her from crying.

- How did you handle the situation?
- How would you handle the situation now?





### Steps to Help Calm Your Crying Baby

Babies use crying as a way to communicate many different things. They use crying to tell parents that they need their help. When your baby is crying:



#### Try to Figure Out the Reason for Crying

For example, is she:

- · In need of a diaper change · Tired

- · Too hot or too cold
- Hungry

· Overstimulated

Uncomfortable



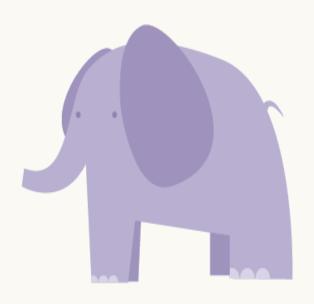




- 2 Hold Your Baby Close to You
- 3 Repeat the Same Action Over and Over

You might try one of the following:

- Speaking or singing softly
- Gently rocking, swaying or bouncing your baby
- Gently massaging her back, arms, and legs







## Babies will cry less and less as they get older





### Let's Play the Mystery Door Game!





### Mystery Door Game

- 1. Read the scenario together
- 2. Try to figure out why the baby is crying
- 3. Decide the action you would take:
  - "repetition to soothe" <sup>1</sup>
  - feed me
  - need something to be different
- 4. Read what is written behind the door
- 5. Choose a different action if necessary

Footnote <sup>1</sup>: NCAST Learning Resource Manual, Barbard, 1978.





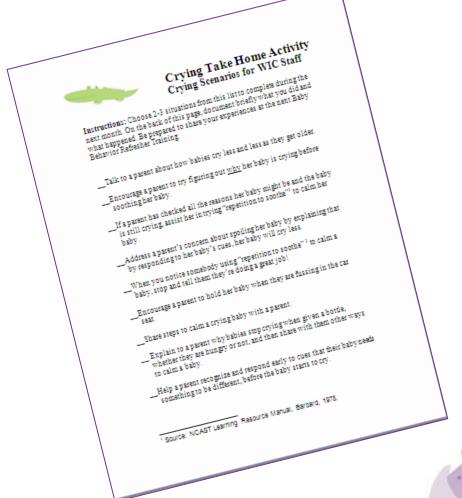
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### Crying Take Home Activity





### Evaluation

## Thank you for participating!!!



